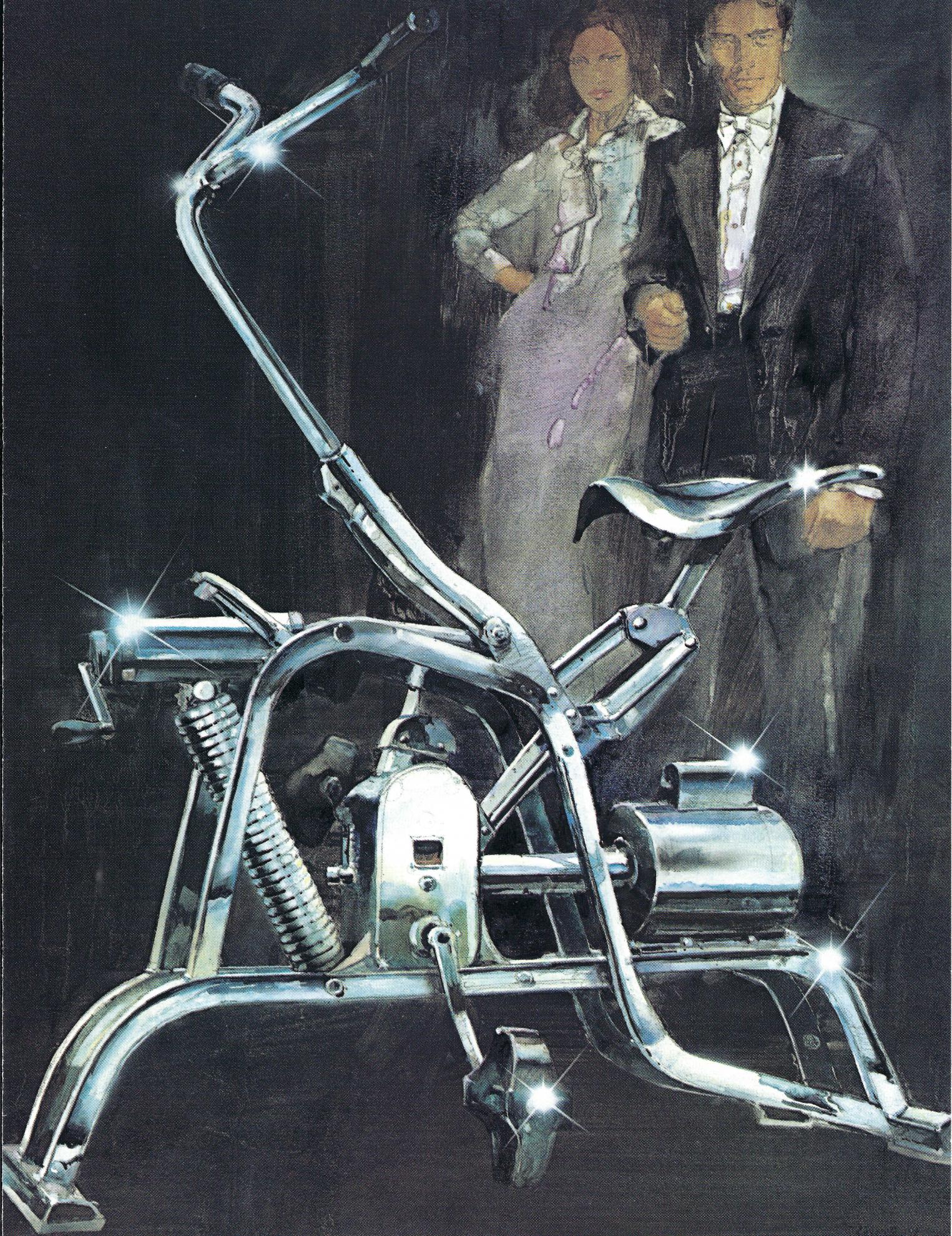


Exercycle®

The ultimate physical fitness machine.



Exclusively Exercycle®

When it comes to exercise equipment, EXERCYCLE® is in a class by itself. It's the only exerciser driven directly through a gearbox — a feature which insures quiet, rhythmic operation, maintenance-free performance, and the benefit of ALL-BODY ACTION®. Part for part, EXERCYCLE exercisers are designed to last a lifetime of activity . . . your lifetime.

Custom-designed comfortably contoured seat, rises and falls along a controlled arc to help exercise important lower muscle groups.

Seat height is adjustable.

Versatile two-speed motor is custombuilt to Exercycle specifications. Available in 110V and 220V.

Adjustable handlebars suit height and arm length of rider and provide a variety of different exercising positions.

Conveniently located On-Off Safety Switch equally accessible to either hand.

Weight Adjustment allows proper balancing for the rider's weight.

Unique All-Body Action® gearbox.

Choose Low or High speed action.

Safety Thermo Guard cuts off current automatically should motor overload occur.

Specially made foot pedals comfortably fit the majority of foot sizes.

Flexible coupling provides direct drive to gearbox and assures quiet operation.

The seven-in-one cycle.

EXERCYCLE's incredible range of movements can be translated into 7 different exercises. Some are variations of your favorite sports. Others simulate popular calisthenics. All utilize your body resources to the fullest. Now you can enjoy the benefits of traditional outdoor activities — *indoors*. All year long.

1. STANDARD PUSH-PULL. An excellent all-around exercise. By pushing and pulling on the handlebars as you pedal, you utilize muscles in the legs, hips, abdomen, chest, and arms.

2. SWIMMING. Twisting, turning, and pulling motions, as done in the crawl stroke, are particularly good for shoulder, arm, neck, and hip areas.

3. ROWING. This exercise calls for the same motion used in rowing a boat. Especially effective for back, shoulders, abdomen, neck, and arms.

4. SIT-UP. An advanced stomach and back exercise. Arms are stiff, body is bent as far back as possible with each stroke.

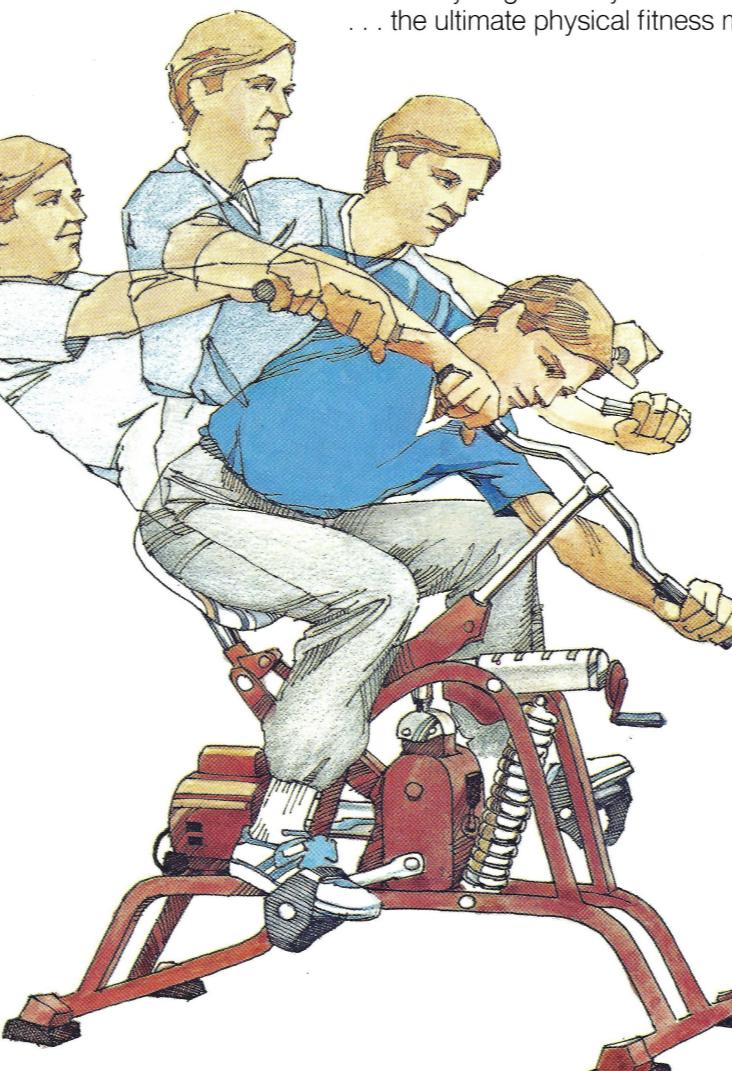
5. CHIN-UP. To tone arms, shoulders, chest, and abdomen, pull on handlebars as they come forward. Very much like the standard chin-up exercise done with a bar.

6. STRETCH. Terrific stretch exercise for the entire upper body done with handlebars reversed. Continuous pedalling motion also conditions thighs.

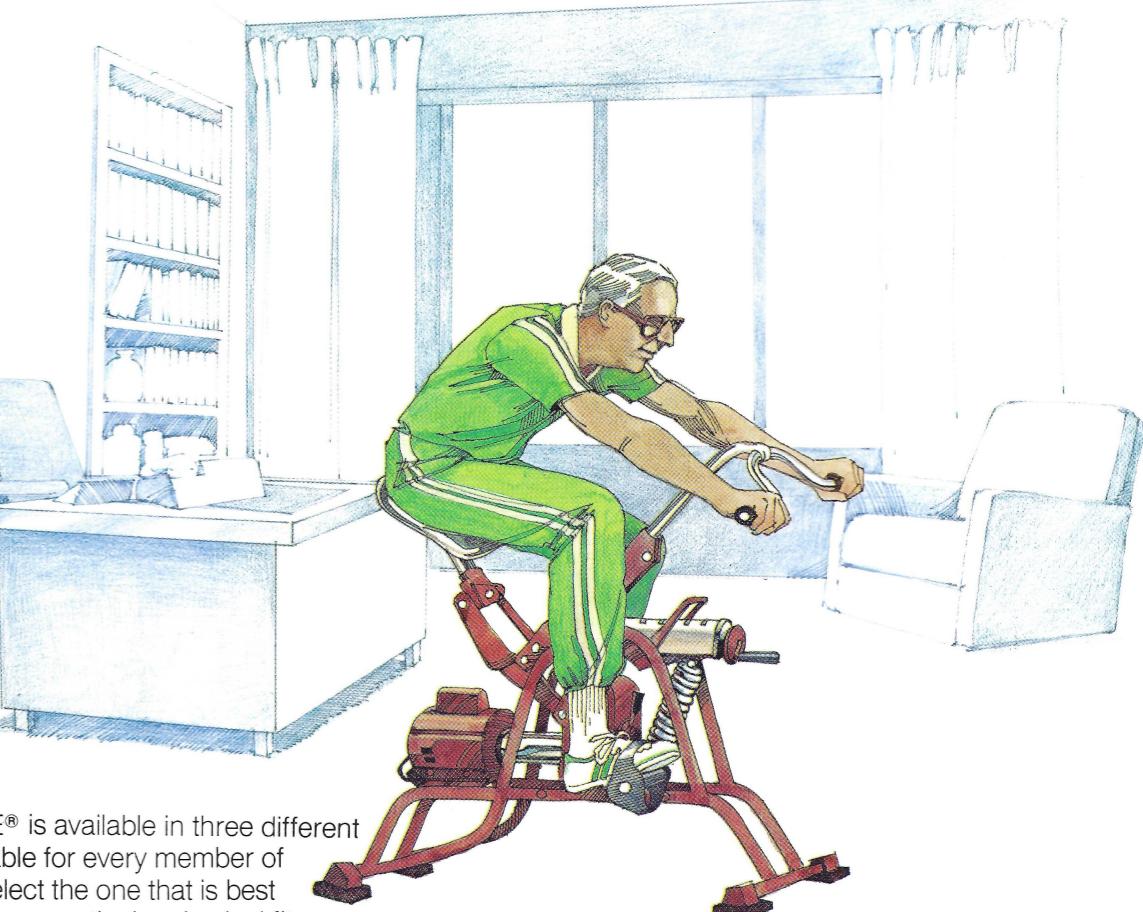
7. CYCLING. By pedalling throughout all the EXERCYCLE® exercises described here, you receive the aerobic conditioning needed to build cardiovascular and respiratory systems. Cycling also helps tone calf, thigh, buttock, and stomach muscles.

Before embarking on any vigorous fitness program, you should have the approval of your physician and determine your present physical condition. It's very important that you pace yourself and not attempt too strenuous an exercise too soon. After 3 to 6 weeks of regular cardio-vascular exercise, you will notice a drop in your heart rate (known as the "training effect") and will be able to proceed with a higher exercise level.

According to a booklet distributed by the American Heart Association, "The best type of program is one which uses both arms and legs and achieves the training effect on the cardiovascular system by conditioning the muscles of both." This is precisely the form of exercise you get from your EXERCYCLE exerciser . . . the ultimate physical fitness machine.



Exercycle®... for every need.



EXERCYCLE® is available in three different models, suitable for every member of the family. Select the one that is best for you and your particular physical fitness program.

EXECUTIVE. Our most popular model, the EXECUTIVE features 2 speeds (60 & 90 pedal rpm), weight adjustment, and 1/2 hp motor. Here it is shown with our PEP® Unit (Personal Exercise Planner), PEP stand, seat cushion, and casters — all of which are available as accessories.

SENIOR. Incorporating all of the features of the EXECUTIVE model, this machine is designed for those who wish to exercise at a slower pace (30 & 45 pedal rpm). The length of each pedal crank can be adjusted for those with special needs.



THERAPEUTIC. Complete with all of the EXECUTIVE features, the THERAPEUTIC model also offers adjustable pedal cranks, a fully variable speed motor (0-90 rpm range), and seat cushion and casters as standard equipment. This machine is especially suited for institutional and family use where a wide variety of physical capabilities must be accommodated.

You owe it to your heart, your lungs, your muscles, yourself.

The EXERCYCLE® exerciser is the finest body conditioning aid money can buy. It helps stimulate circulation, strengthen cardiovascular and respiratory systems, tone all major muscle groups. It is *not* a stationary bicycle, but a precision instrument built on the unique principle of ALL-BODY ACTION®.

Physically, the work-out you receive on the EXERCYCLE® Exerciser is comparable to such activities as swimming, cycling, rowing, and a variety of calisthenics. As the seat, pedals, and handlebars move simultaneously, you accelerate these motorized movements through push, pull, and pedal pressure. The harder you work, the greater the conditioning. And unlike other exercise machines, EXERCYCLE® automatically accommodates the force you exert. No adjustments are ever required to vary your level of exercise.

"To look your best, to feel your best, and to be able to do your best, you must exercise regularly. That is man's nature, and modern technology can't change it." (*The President's Council on Physical Fitness and Sports.*)

Modern technology may not have changed our *need* for physical activity, but it's certainly made regular exercise a little harder to obtain.

We sit behind desks from 9-5. Do our banking via drive-in tellers. Operate our televisions by remote control. Oddly enough, the same "convenience-motivated" technology that led us into chairs is now getting us up and moving — on the EXERCYCLE® exerciser.

" . . . regular, vigorous exercise increases muscle strength and endurance. It also improves the functioning of the lungs, heart, and blood vessels; promotes flexibility of the joints; releases mental and physical tensions; and aids in weight control or reduction."

(The President's Council on Physical Fitness and Sports.)

In just 20 minutes a day, whatever the weather, in the comfort of your own home — EXERCYCLE® affords you the kind of exercise essential to good health and physical well being. It won't interfere with your normal routine. It doesn't require special athletic ability. It's probably the soundest investment you can make in your health. Since your body plays such an important part in your overall, day-to-day performance, why not give it the best.

EXERCYCLE® . . . you owe it to yourself.



"When you begin your personal exercise program, you should not expect dramatic overnight changes. But, gradually over the next weeks and months, you will begin to notice a new spring in your step, a new ease in carrying out ordinary daily activities. You will find yourself with more energy left at the end of the working day and a new zest for recreation in the evening. Quite likely, you will be sleeping more soundly than you have for many years and waking more refreshed in the morning. In short, you will be on your way to a better and more complete life." (The President's Council on Physical Fitness and Sports.)

Exercycle.[®] **You owe it to yourself.**

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Exercycle Corporation, P.O. Box 1349, Woonsocket, RI 02895